

## "Lifetime Fitness" for Senior Adults

After a mailing to neighborhoods around Magnuson Park announcing a "Lifetime Fitness Program" class offering, Parks Senior Adult Programs staff received an astounding 250 calls in response. This is clearly an idea whose time has come.

Lifetime Fitness is a nationally acclaimed exercise program designed by health experts to focus on improving the overall fitness of older adults. This not-for-profit program is managed and administered by Seattle/King County Senior Services.

The program offers a one-hour class two to three times per week by specially trained and certified instructors. The program uses wrist and ankle weights to increase strength, and exercises to improve cardio function, balance, flexibility and range of motion. The class instructor measures the baseline fitness of each participant and re-measures for maintenance and/or improvement.

Not to be overlooked is the importance of the social interaction that occurs among the participants as they talk and support each other.

Parks staff are working with targeted community centers to establish this program. Senior Adult Programs has contracted with Seattle/King County Senior Services, organized the training of instructors to be certified, and developed a partnership with Group Health to help market the program. Group Health is so enthused by the program that its members who meet specific eligibility guidelines will receive reimbursement for taking the classes. The classes are seen as preventive medicine, helping to reduce sickness and injuries.

Senior Adult Programs has just begun to offer the first Lifetime Fitness classes on Tuesdays and Thursdays at Magnuson Park Community Center and 20 participants have signed up. In addition, Parks will offer LTF no later than the fall quarter at the following community centers: Bitter Lake, International District-Chinatown, and Garfield. For more information, please contact David Jensen, Seattle Parks and Recreation, at 206-615-0140 or david.jensen@seattle.gov

### Ken's Corner

## April is Earth Month

Spring at Seattle Parks and Recreation is a wonderful season when we turn our attention out of doors to the greening trees and blossoming flowers, and myriad outdoor activities.

The beginning of April also marks the start of Earth Month in Seattle. Earth Day occurs on April 22 each year, but at Seattle Parks, we've expanded the commemoration to the entire month of April. Throughout the month, our staff, citizens, and partners will host more than 150 volunteer work parties, programs, and special events in our parks. In addition to the outdoor volunteer work, we are offering more classes and educational programs at our community centers and environmental learning centers.


This year, we have combined Earth Month efforts with Mayor Nickels' Green Seattle Partnership (GSP), a coalition of several City departments and the Cascade Land Conservancy. The GSP is a 20-year effort that will protect and restore our urban forests through increased weed

removal and tree planting. The program will also expand the tree stewardship community in Seattle, create new youth program partnerships, and improve trails.

These efforts, part of our every day mission at Seattle Parks and Recreation, will celebrate our great parks and diverse communities, foster citizen stewardship of open space, and, we hope, inspire our youth and others to care for their environment.

I hope you take some time this month to celebrate Earth Day in your own way with friends and family.

For more information about the many programs and events planned for Earth Month, please consult at our Earth Month Calendar of Events on our web page at [www.seattle.gov/parks/events/earthday.htm](http://www.seattle.gov/parks/events/earthday.htm) or contact Adam Cole at 733-9701 or adam.cole@seattle.gov

  
Ken Bounds, Superintendent



**Lifetime Fitness Program at  
Magnuson Park Community  
Center**

## 2005 ARC Annual General Meeting Highlights

The 2005 ARC Annual General Meeting (AGM) was held at the Langston Hughes Performing Arts Center on Monday, Feb. 28. The purpose of the meeting was to elect ARC Board members for the five positions whose terms expire each year and to recognize advisory council members and staff for their accomplishments during the past year. Recent Opportunity Fund Grant recipients also displayed their projects. Approximately 107 people attended the meeting this year, representing 32 out of our 37 advisory councils.

Advisory council members were asked to nominate people for special recognition at the meeting. The following individuals were recognized:

- **Diane Taylor**, a mom who has spent endless hours over the part year working on the new Magnolia Play Area, which was dedicated on Jan. 29.
- **Sandy Beaucage**, Camp Long Advisory Council, who completed 25 years as an advisory council member in March 2005. She is the advisory council liaison with a Girl Scout summer camp, teaches classes and volunteers once a week in the office.
- **Judy Carter**, Yesler Advisory Council, who has served more than 10 years on the advisory council and was instrumental in securing the Yesler playground.
- **Wayne Metsker**, Special Populations Advisory Council, who has given many years of dedicated service to the advisory council.
- **George Hildreth**, Sports Advisory Council/Lower Woodland Park Clover Leaf, who volunteers more than 1,000 hours a year taking care of the clover leaf fields. He has been the unofficial field manager for more than five years.
- **Vic Roberson**, Rainier Beach Advisory Council, who has volunteered as a track coach and advisory council member for over 10 years. He was instrumental in assisting several student athletes to attend national competitions.
- **Jean Zatochill**, Mount Baker Boating Advisory Council, who has done an outstanding job as fundraising chair of the advisory council's capital campaign.
- **Ed Layman**, Delridge Advisory Council, for his years of service. Ed joined the Delridge Advisory Council in 1967!
- **Marilyn Firlotte**, Green Lake Advisory Council, who has served on the advisory council and the ARC Board for many years.
- **Ed Hiroo**, Jefferson Advisory Council, who has given many years of service to the advisory council and the ARC Board.

The ARC Board presented the following awards:

- **President's Award** for outstanding service by an ARC Board Member was presented to **Kiki Hendren** for her contributions as chair of the Outreach Committee. The Outreach Committee is responsible for communicating with and providing services to advisory councils. Kiki also does an excellent job of planning and organizing the ARC Annual General Meeting each year.
- **Most Improved Advisory Council Award** was presented to **Magnuson Park Advisory Council** for its success in expanding its advisory council membership and increasing programming.
- The **Fabiola Woods Most Inspirational Advisory Council Member Award** was presented to **Elaine Hayes** of Rainier Beach Advisory Council for her dedication to youth programs.
- The **Star Performer Award for the Staff Person of the Year** was presented to **Manny Cawaling** of Langston Hughes Performing Arts Center Advisory Council for his efforts in the areas of program development and budgeting.
- The **Advisory Council of the Year Award** was presented to **Ravenna-Eckstein Advisory Council** for its outstanding programming and operation.



**Manuel Cawaling**

The following members were elected to the ARC Board for three-year terms:

- **Michelle Martinat**, Discovery Park Advisory Council
- **Bruce Bentley**, Southwest Advisory Council
- **Eugene Mackey**, Garfield Advisory Council
- **Anna Martin**, Mount Baker Boating Advisory Council
- **William Lowe**, Member At Large.

The following members were elected to the Opportunity Fund Committee for a two-year term: **Belinda Green, Julie Morse, Cleo Peifer, Alan Stowers, Peter Marx, and Kathy Garrison**. They will join returning Opportunity Fund Committee members **Darrell Drew, Susan Harmon, Sharon Mahsman** and **Carol Richardson** in coordinating the 2005 Opportunity Fund grant cycle.

I'd like to thank everyone who attended this year's annual meeting for your interest and participation. I look forward to seeing you again next year!

—Anna Martin, Associated Recreation Council Board President

## Late Night Recreation Program

### Positive changes to Late Night Program

The Late Night Recreation Program has turned the same age as many of its participants.

Now in its 16<sup>th</sup> year, the program is still going strong at five main sites in the City: Rainier Beach Community Center; Rainier Community Center, High Point/Delridge community centers; Garfield Teen Life Center; and Meadowbrook Community Center.

To make a good program even better, we restructured the program to involve our 26 Teen Development Leaders, who have provided comprehensive teen programming based on the "developmental assets" model of youth development. The result has been more and more diverse programs, while keeping good personal relationships in fun and safe gathering places.

"The TDLs have made a big difference because of their vast experience in youth development," says Mazvita Maraire, coordinator of the Garfield Teen Life Center. "The programs are more intentional and outcome-based while still being enjoyable."



**Bitter Lake teens**

Also starting January, we added a program site in northwest Seattle: Green Lake Community Center on Fridays and Bitter Lake CC on Saturdays. Green Lake has averaged more than 30 teens and Bitter Lake CC approximately 45 teens. Favorite activities so far have been candle making, movies, basketball and lanyard making. In addition, the new teen centers at Meadowbrook and Southwest are scheduled to open within the next month.

Other program enhancements are better coverage by Seattle Police Department officers and a new data collection system that allows us to better understand our customers, where they are coming from, and how they are getting to the program.

Some Late Night highlights so far this year include:

- Late Night kick-off events held at each site in January
- Valentines dance, pool tournament and video tournament at Delridge Late Night
- Flashlight egg hunt, conflict resolution and life skill

focus group at High Point Late Night

- Health and fitness fair, hip hop challenge, and police vs. Late Night teens game at Rainier
- Martial arts demo, fitness challenge, and music program at the Garfield Teen Life Center.

### Award for Tennis Center!

The United States Tennis Association (USTA) named the Amy Yee Tennis Center as "Organization of the Year" for 2004. The center was selected from more than 6,000 organizations nationally. The largest tennis organization in the world, the USTA promotes and develops tennis on every level in the U.S. This award is a direct result of the Tennis Center's exemplary service to the tennis community and support of USTA programs for nearly 30 years. This recognition also acknowledges the hard work of the center's dedicated staff!

### Environmental Programs for Kids of Color

Coming to a community center near you is a new program to involve young people of color in environmental programs.

Staff from the Volunteer Park Conservatory and Environmental Stewardship Unit have developed the "Legacy Curriculum" with the help of Dr. Cynthia Rekdal, a consultant specialist in multicultural education. The curriculum aims to connect young people of color to environmental concepts that draw on their cultural histories, link them to stewardship ideals, and nurture positive learning based on an inclusive approach to environmental education.

A pilot test of this new curriculum is scheduled for April 11-15, during spring break. The Conservatory will host field trip visits from community center day camps to try out the new multicultural lessons. The program model will then be implemented at community centers for elementary school age kids. For more information about this innovative program, please call Belinda Chin at 206-684-0877.



### Credits

Anna Martin, ARC Board President; Bill Keller, ARC Executive Director; David Takami, Editor; Margarite Hargrave, Designer. For information or comments please call or e-mail David Takami at 206-684-8020, david.takami@seattle.gov



## Short Takes

**Northgate Project Under Way:** Construction began last month on a project that will help transform the Northgate neighborhood with a new community center, library and park. The library and community center will be surrounded by a 1.7-acre park with a play area, courtyard and plaza. An adjacent project by the Seattle Department of Transportation will improve the 5<sup>th</sup> Avenue "streetscape" and make it more pedestrian friendly. We expect all projects to be completed by June 2006. For more information on the Northgate project, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks)



**Spring Egg Hunts:** Many of our community centers held egg hunts on the last weekend in March despite the rainy weather. A total of 2,100 kids (2 to 10 years old) participated and with baskets full of candy.

**Youth Rowing Auction:** Green Lake Small Craft Center held its annual "Raising of the Green Auction" last month. With 130 people in attendance they raised about \$20,000 for scholarships, outreach programs and new equipment. The Rowing Advisory Council coordinated this annual event. In other Green Lake news: The 43rd annual spring rowing event was held in March with 1,250 competitors representing 35 teams from the greater Seattle area as well as Canada, Idaho and Oregon. Parks and the Green Lake Rowing Advisory Council hosted this event.

**Beloved Coach Honored:** Basketball coach recognized. Ernie Chatters celebrated 20 years of volunteer coaching youth basketball at Green Lake Community Center Thursday evening with former players, friends, and five generations



**Ernie Chatters (center, pointing)**

of his family. Mr. Chatters never coached fewer than two teams a year and once coached five. He's coaching still!

**Mt. Baker News:** Mt. Baker Rowing and Sailing Center and the Mt. Baker Boating Advisory Council are raising money to significantly expand the boathouse and improve the facility. The new facility will allow winter sailing and mast-up storage of sail boats. So far the grass-roots capital campaign has raised more than \$1.4 million from a variety of sources, including the Department of Neighborhoods, King County and dozens of individual donors. The goal of the campaign is \$2 million. We expect the project to out to bid in May and begin construction after Labor Day.

## Special Events

A sampling of upcoming special events:

### **April 15-17**

Friends of the Seattle Public Library Fall Book Sale at Magnuson Park. For more information contact

5<sup>th</sup> annual Seattle Sprints 1,500-meter Rowing Regatta at Mt. Baker Rowing and Sailing Center.

### **April 23**

Alternatively Fueled Car Rally-at Magnuson Park

### **April 23-24**

The Arboretum Foundation Florabundance Plant Sale, Hangar 27. For more information visit

### **May 14**

Mounger Pool in Magnolia opens.

### **May 28**

Colman Pool in West Seattle opens on weekends.

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